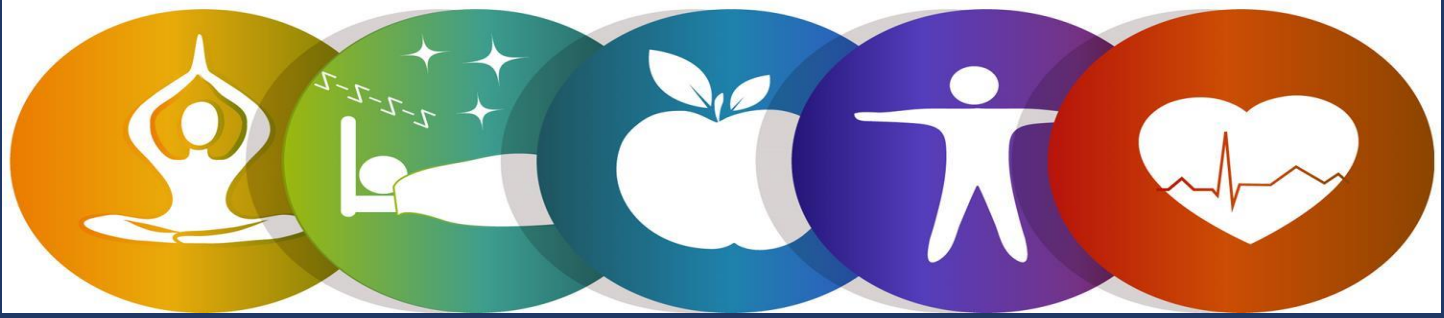


WELLNESS



THIS WEEK'S THEME: EGGS

As we approach the Easter long weekend, what better topic than EGGS!! – Let's take a look!

People have eaten eggs for thousands of years. There are many types of eggs, but the most common choice is that of the chicken. Eggs contain several vitamins and minerals that are essential parts of a healthy diet. In many parts of the world, eggs are a readily available, inexpensive food. Eggs are a good source of protein and other essential nutrients. Eggs are one of the few foods that should be classified as “superfoods” as they are loaded with nutrients. This comes with 78 calories, 6 grams of protein and 5 grams of fat. Eggs score high on a scale called the satiety index, which measures

the ability of foods to cause feelings of fullness and reduce later calorie intake.

In one study of 50 adults, eating eggs and toast instead of cereal and milk with orange juice decreased feelings of hunger following the meal, prolonged the period of not being hungry and made them eat ~180 calories less at lunch 4 hours later. Eggs also contain various trace nutrients that are important for health.

In fact, eggs are pretty much the perfect food. They contain a little bit of almost every nutrient you need!



Birds Nest Cookies-

....with another type of egg...the chocolate kind!!!

Ingredients

- ¾ cup butterscotch chips
- ¼ cup white chocolate chips
- ½ cup peanut butter
- 2 cups chow mein noodles
- 1 bag small chocolate eggs



To make these cookies, you melt the butterscotch chips, white chocolate chips and peanut butter together and stir until smooth. Next, you add the chow mein noodles and gently stir to coat the noodles. To make birds nest cookies, you drop a rounded spoonful onto a wax paper covered baking sheet. You might need to adjust the noodles to make your clump look a little more "nest-like," but that's easy to do. One word of caution, this recipe gets a little messy! Nothing wrong with that, but something to be aware of if you're doing this with little kiddos. Add the chocolate eggs on top, and VOILA, a birds nest!! **HERE ARE SOME EASY, FUN HARDBOILED EGG DECORATING IDEAS:**





YOGA SCHEDULE

Location	Days	Time	Provider
Quamichan School Dance Room	Mondays	3:45 – 4:30 pm	Gillian Berry
Frances Kelsey Secondary Dance Room	CANCELLED YOGA SESSIONS STAY TUNED!!!	CANCELLED YOGA SESSIONS	CANCELLED YOGA SESSIONS
Chemainus Secondary Dance Room	Thursdays	3:45 – 4:45 pm	Alison Donnelly
Cowichan Secondary Dance Studio	Thursdays	3:45 – 4:45 pm	Kim MacLean
Lake Cowichan School Library	Thursdays	3:30 – 4:30 pm	Julie Madden

I have possibly secured a yoga instructor for France Kelsey Secondary School beginning sometime in April – stay tuned!!!!

CHEMAINUS SECONDARY – NO YOGA CLASS ON APRIL 4TH

[View Online](#)



March 2024 • Gut Health, with Nishta Saxena



[What is a healthy gut and why should we care about it?](#)



[Your gut, your brain, and mental health](#)



[Gut and diseases later in life](#)



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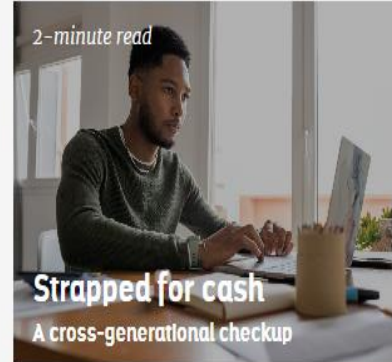
[Brenda Navin, Registered Dietician, CEO and Founder of Launch My Health](#)

Expert Blog • LifeSpeak's leading experts keep you up to date on the topics that matter to you.

- [8-min Guided Meditation: Goodnight Breathing Routine for Families](#)
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Click on links below:

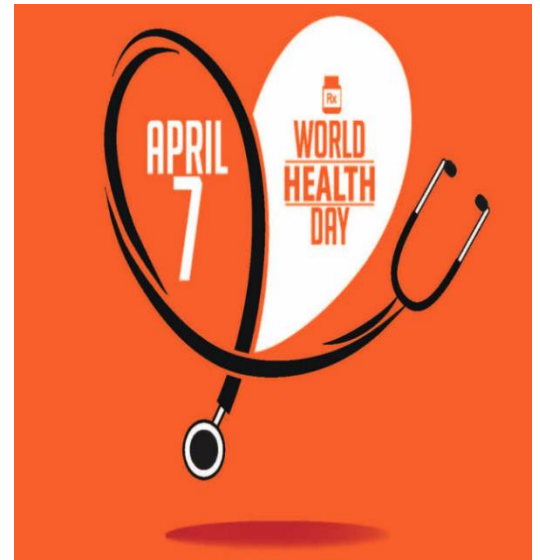
[Cowichan Valley School District \(alive.com\)](https://www.alive.com)

Be sure to check out the alive@work bonus **TAKE 5**, where you'll discover even more healthy cooking ideas and actionable health facts.

Enjoy!

World Health Day 2024 is observed on **April 7, 2024**. Spearheaded by the **World Health Organization (WHO)**, this day celebrates the unparalleled value of good health. It serves as a global platform to promote and celebrate physical, mental, and emotional well-being across the world.

World Health Day is an annual celebration of people all around the world. It falls on the 7th of April and promotes a healthy lifestyle as well as awareness about health and healthcare in general. Some activities include going for a hike, mindful meditation, reading a favourite book, playing a game with your kids, taking furry friend for a play at the park, random act of kindness, healthy meals for the day – what will you do for World Health Day?



MAY MOVEMENT CHALLENGE



Although May is a little while away, this is a heads up that we will be continuing with the May Movement Challenge! – Spring is here and it’s time to get moving! The physical and mental health benefits of movement are well documented, but sometimes we need a little “challenge” to get us going! This year, we are hoping that you will join us in the May Movement Challenge! The challenge will run from May 1st – May 31st and we will have some great prizes for our participants. **MORE DETAILS COMING SOON!!!!**

Hul'q'umi'num Greeting



Wulhxus

March

(The time when the frogs start to sing)





I hope that you all had a wonderful relaxing and rejuvenating Spring Break! I myself got as far as Chemainus so there was that!! – actually, being at home and spending time with my now grown kids and my furry babies was really very nice!! I hope everyone is having a great first week back!!

If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY'S – **send me an email! dwhyte@sd79.bc.ca**

....until next Wednesday!!!

Take care,

Donna Whyte

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